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1. हठयोग संक्षेप

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19. हठयोगलक्षण

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योगिनोऽथनान्योत्तस्मात्प्रातिविद्येत्सुप्तोस्यात्सथनेनप्राकृतमोक्षातन्तदृष्टिच
क्षुक्षितश्रोत्रन्वयोस्वतन्त्रबध्यःपुनर्बाधश्चक्षुरुतयतान्नयोगात्तोविनंव
नंतितनुसन्तमागृहीषातेनकयोगादरसिद्धोनवतितानकयोगस्तेव
अतसितकाःसमुगमितामाकोवाकिंचिन्नीलितातत्तन्नेलोगाद्रुदना
दृष्टिस्तद्विज्ञानन्दतेऽसेकुटुम्बपत्रशाकलोकयेद्यातानकाद्येवतालक्ष्म
गगनेगोल्लाद्वलवित्तेनकयोगतत्तासीतानकेयोगीरुद्धइतिषाा
याधादिदौर्निमित्तयासावेनतानकयोगेनतुतंभइत्यासुःपवमायोगिनःप
किंचित्कृतयंतानकयोगिनाविदितंतस्मात्तद्योतिगृहकधासक्तातन
कात्मासंकृतानकयोगेनातासत्रुपंपुनर्बाधितितानकंस्थानंसपव
तानकस्वार्थेनकृतयंविधानंतेनकोयोगस्तानकयोगइत्यर्थः
युक्तयोगस्तस्मोधातोर्जीवरायोत्तिनुपमसानंपनिर्मायतोरेसंकाशेनोती
तिघोषातोर्ज्ञानोजीवलमौपाधिकंशरीरेवैविध्यंदर्शयतिवानवतिप्रे
हादिकंभवमाकारात्तेरेसुर्यतेदेसनपातंछिवसत्रुपदेरात्सुछाद्धि
मुनोपाधेतेनन्दितेनुसौख्यभोवाद्वितीयंभवंशावरिशंनवतियेतथा

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अयमर्थः। खगस्पर्शपर्यायभेदसेनबुद्धीतिपरोक्षत्वसेन
नृपतेरप्रतीतित्वधर्मस्यानेकसंस्थान भासयतीताकूतवित्तं५
प्राप्तेन्द्रियस्वविषयोभानंतत्सम्यगभानेलिंगत्ववतिसतीयना५
यमभानंसिद्धियोगपक्षतभासंस्थानातिरायेनसभ्रमत्वस्था
पयत्वेगपक्षेनिर्विशेषेनभात्मानिलानेनत्ववतोभायमातिरायेना
नयोगसदभनोतयस्यासंस्थानवतुतत्सुमलोर्ध्वनागेवभासमो
तिमंडलंवर्ततेतयोगिनिर्येयंभातिभादिसिद्धिरूपवति
लक्षणंतस्यनास्तायांदृष्टोजिभनेनभेदेवर्णितायांयेयंरा
तदीयंकासवर्तवेजगेपाभस्वाविभाक्षत्ववतिसंस्थानिवृत्तिष
लंकनयतिपतन्त्रंकापविक्षानीनिवासपतुमीपवित्तवति ।।तस्
ध्वासवेलोकाःणवित्तवंतीतिपनभाधंशतधाविधपनभयोगिनुभाय
स्यलक्षतेतस्यापिछक्रेनस्तीतितत्सर्णतस्यस्वांतेलक्षगत

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दृश्यचित्तवृत्त्यन्तर्वर्त्यात्मज्ञानमेतिःस्वरूपवतीत्यापोमोक्तिस्तोक्ता
तत्र ब्रह्मानुविद्धस्वरूपोक्तिर्माया स्त्रीर्जुहुतेवांतर्वर्त्य गोपाङ्गोपा
तनमोदर्जिविद्धान्त्यात्मयं आत्मापूर्णहुतत्वेनवाक्षेन्द्रियैःनहुयते॥
अन्तस्थस्वरूपानेनमनोविक्षिप्तिवर्जनं द्वितीयापौर्णमासीप्रोक्तिवतीति।
दृङ्नियमस्थितेरेवंपौर्णमासीहुतात्मासंश्चक्तिकाःस्वात्मस्वरूपे
र्वर्त्यवद्वासायं स्वतिनासायनस्तपूर्णमादृङ्नियमःसमग्रयोगेन
गपक्वलजनस्वादतःपूर्णमादृङ्नियोगात्मासंःसतंकर्त
काःतस्मिंछिद्रोक्तस्यासाध्यनास्तिपक्वलताघंःपूर्णमादृङ्नि
योगेनप्रोक्तानक्षमायैतिआवलंबितेतालमुलेवास्तान्तागता
यत्तागेमांतःपनोक्तागेगाछतमोदृशतेतेवसाङ्गदानंकृष्ण
त्वतिपकंसंदृक्तिलंगेपत्नमात्मानिमनोजितान्क्लीनंकृत्वाचलि
तंचाङ्कितवाङ्मयस्तुस्तोपिसङ्गतोःसांत्वीश्वरात्वतिताभेव के

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WITH South Africa holding its first multi-racial elections, 'Apartheid,' the Afrikaans word meaning 'apartness' and the system of separation of racial groups in the Republic Of South Africa, has become a thing of the past. The dismantling of Apartheid, has marked another page in the history of Man in his struggle for equality.

The struggle for dismantling started only during the Sixties, but Apartheid as a method of discrimination began ever since Cape Town, the birthplace of Apartheid, was founded by the Dutch East India Company in 1652. The company had been using this peninsula

Amid the myriad overwhelming problems that beset humanity, the dawn of democracy in South Africa, where discrimination was a way of life, is the single brightest hope in today's world.

as a stop-over point during their voyages between Holland and the East Asian countries.

The socio-economic transformation of this peninsula began with the arrival of the French Huguenots who fled their country to escape persecution for their Protestant faith. The Dutch used a subtle method of placing the French amid their families to see that they stopped

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The first was th
1913 which preve
of Indians into the
late 19th century,

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